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MONTHLY

INDUSTRIAL NUTRITION SERVICE

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U. S. DEPARTMENT OF AGRICULTURE



For employee publications, and individuals
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U. S. DEPARTMENT OF AGRICULTURE
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To protect our health we must eat the right foods daily. One of the best ways to improve our diets is to eat more fruit and vegetables, and to drink more milk. Industrial workers, who set a high value on health and the full, active life which good health brings, know their A-B-C's in food values.

★ Foods of the month - During October, cabbage, potatoes, and sweet potatoes are plentiful throughout the nation. All are among the Basic 7 foods so essential to good health, so choose them first when they appear on the plant menu.

★ Cabbage for C Vitamins - If there's anything more delicious than properly cooked, garden-fresh cabbage served piping hot, it's cold, crisp, vitamin-rich cabbage shredded in salads or slaw. Cabbage is rich in vitamin C, so necessary to maintain healthy body tissues and to regulate muscle tone. Vitamin C is likely to be lacking in the industrial worker's diet, so choose cabbage often at the plant cafeteria.

★ Potatoes are plentiful - As we've said before the 1945 bumper crop of potatoes--both Irish and sweet--is now rolling to market. There is not as much vitamin C in a serving of either Irish or sweet potatoes as there is in an orange, but they can, when eaten in generous amounts, provide as much as a third of the daily requirement of vitamin C. Both kinds of potatoes are a fair source of iron which is needed to build red blood cells. Moreover, sweet potatoes provide a very rich source of vitamin A, needed to maintain normal vision at night, for normal growth, and for normal resistance to infection of the respiratory tract.



HEALTH HINTS ✓



Do you get that let-down feeling before your shift is over? Do you feel tired and irritable before the day ends? If so, try drinking milk during your rest period.

Check UP

Studies show that between-meal snacks noticeably lessen irritability and fatigue, and increase cheerfulness. A between-meal glass of milk is an important contribution to the daily diet of the industrial worker. It is just that much more food for health. Good foods to accompany milk are whole-wheat or graham crackers, peanut butter and oatmeal cookies, and sandwiches. Fresh fruits and citrus fruit juices and tomato juice are also nutritious between-meal snacks. The industrial worker who sets a high value on good health will make sure that his between-meal snack adds needed nourishment to his daily diet.

Drink Milk -- And More Milk

Milk is an important food because it is a relatively economical source of protein and is rich in two essential nutrients--calcium and vitamin B₂ (riboflavin). Milk also contains protein, phosphorus, and vitamins A and B₁. Industrial workers should drink at least one pint a day.

Vitamin B₂ (riboflavin) not only affects the growth of young persons, but it is necessary to the health and well-being at all ages. Milk in all forms--sweet milk, buttermilk, cheese--is one of the most valuable sources of this vitamin.



Take-home Ideas

Speaking of milk, if you have bottles delivered at home, you should take necessary precautions to keep the milk out of the light, if it cannot be taken indoors promptly. Scientific experiments have shown that light destroys the vitamin B₂ (riboflavin) in milk. Provide a closed box for your milkman to set the bottles in, if your milk cannot be taken indoors when delivered.